

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. The subjects were divided into three groups based on their level of physical activity: sedentary, moderately active, and highly active. The results showed that the prevalence of low back pain was significantly higher in the sedentary group compared to the other two groups. This suggests that physical activity may play a role in reducing the risk of developing low back pain.

Keywords: Physical activity, Low back pain, Risk factors, Prevalence.

Introduction

Low back pain is a common problem that affects millions of people each year. It can be caused by a variety of factors, including poor posture, heavy lifting, and lack of exercise. While many people believe that physical activity can help prevent low back pain, there is still some debate about the best way to exercise to reduce the risk.

This study aimed to investigate the relationship between physical activity and the prevalence of low back pain. We hypothesized that individuals who are more physically active would have a lower prevalence of low back pain compared to those who are less active.

Methods

The study involved a cross-sectional survey of 1,000 adults aged 18 and older. Participants were recruited from various community settings, including gyms, libraries, and local businesses. They completed a questionnaire that asked about their demographic information, their level of physical activity, and whether they experienced low back pain in the past 12 months.

Physical activity was defined as any form of bodily movement that requires energy expenditure above the resting level. It was measured in terms of frequency, intensity, and duration. Participants were categorized into three groups based on their self-reported physical activity levels: sedentary (no regular exercise), moderately active (regular light-to-moderate exercise), and highly active (regular vigorous exercise).

Results

The results of the survey showed that the prevalence of low back pain was highest among the sedentary group (approximately 25%), followed by the moderately active group (approximately 15%), and the lowest among the highly active group (approximately 10%). These findings suggest that physical activity is associated with a reduced risk of low back pain.

Conclusion

In conclusion, this study provides evidence that physical activity can help reduce the risk of low back pain. While more research is needed to determine the optimal amount and type of exercise for preventing low back pain, our findings support the idea that staying active is beneficial for overall health and well-being.

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514	2	↓	↓

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